

# Community Approaches to Addressing Hypertension

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# Disclosure to Learner

## Requirement of Learner

Participants requesting continuing education contact hours or a certificate of attendance must 1. **register for the event**, 2. **attend the entire session**, and 3. **complete evaluation before leaving the conference**.

## Commercial Support

This educational activity received no commercial support.

## Disclosure of Financial Conflict of Interest

The speaker and planning committee have no relevant financial relationships to disclose.

## Off Label Use

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## Non-Endorsement Statement

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# Center for Healthy Living

An *Innovative Approach* to  
Community Health

- Opened in October, 2013
- A free chronic disease prevention and health education resource center designed to increase access to medically underserved residents of East Texas.



# Community Health Workers

- Four CHW's on staff
- Two Bilingual
- Biometric screenings
- Health education
- Navigation Services
- Outreach



# 1,880

Clients served by the Center

# 600

Free mammograms and PAP tests

# 52

Outreach events per year

# Client DEMOGRAPHICS





# Programs offered at the Center

## **Breast & Cervical Cancer**

Access to free mammograms and pap smears.

Education provided on cancer prevention.

## **Colorectal Cancer**

Access to free colon cancer screenings through a partnership with UT Health Northeast.

Educaiton provided on cancer prevention.

## **Diabetes Management & Prevention**

Education on how to manage or prevent diabetes and improve quality of life.

## **Hypertension**

Education and resources on lifestyle change to reduce or prevent high blood pressure.

## **Tobacco Cessation**

Education on different types of tobacco abuse, problem solving skills and social support.

## **Physical Activity**

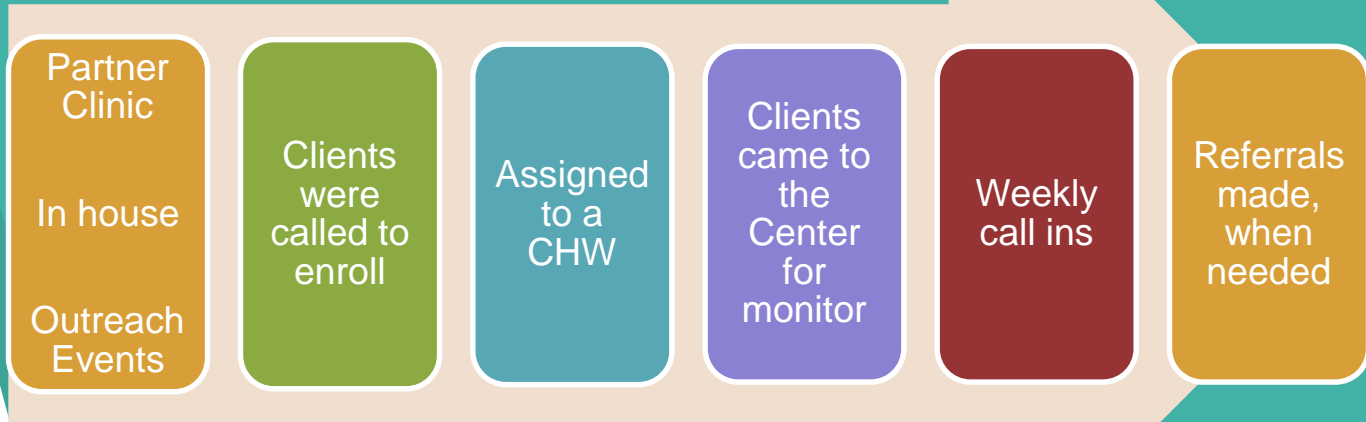
Free Zumba, Tai Chi and walking club available to people in the community.

# Hypertension Home Monitoring Project

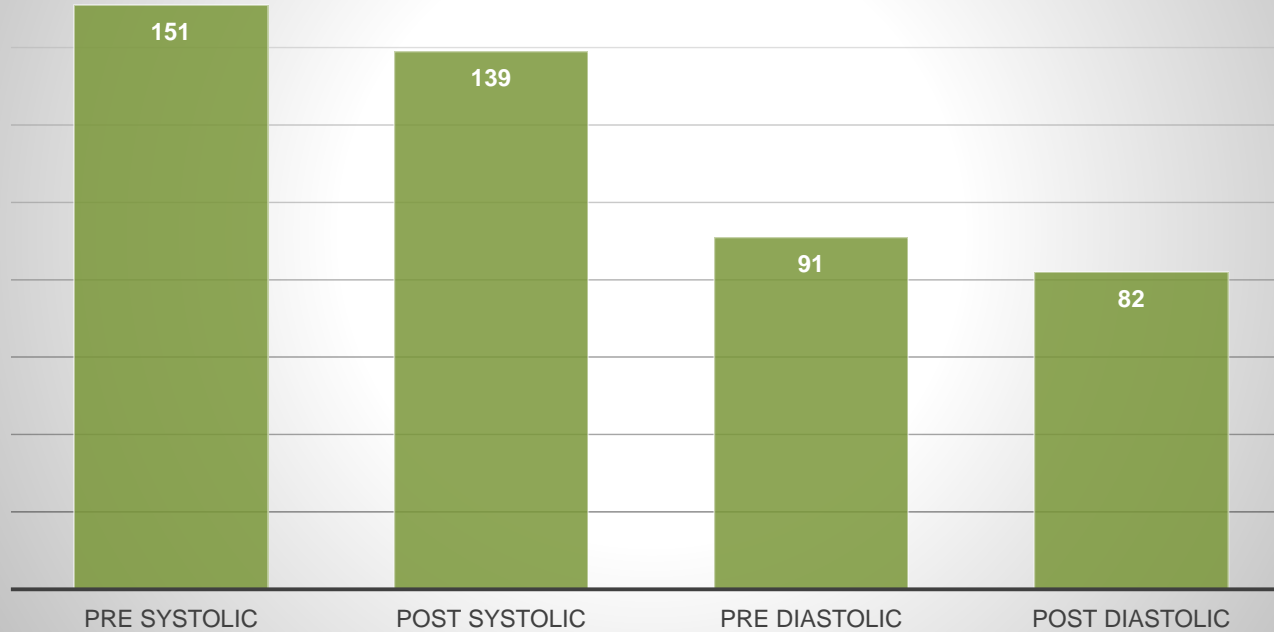




## OUR WORKFLOW



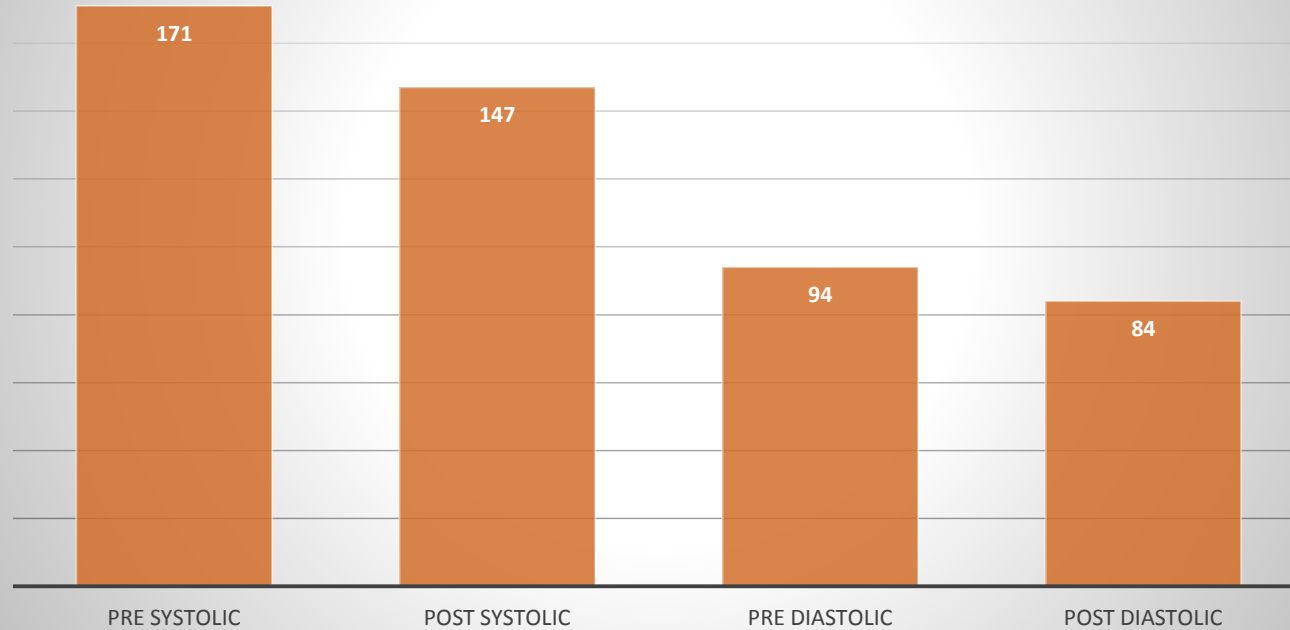
## Blood Pressure Home Monitoring Project Year One



85 enrolled

70 completed

## Blood Pressure Home Monitoring Project Year Two



22 enrolled  
22 completed

# Community Health Worker

## hypertension intervention outcomes:

- Increased knowledge of blood pressure control
- Improvement in medication adherence
- Encouraged communication with providers
- Social Support
- Accountability
- Increased physical activity
- Weight loss
- Access to available resources

# Meet Mr. Brown...

- Baseline BP  
193/106 mmHg
- No transportation
- Limited social  
support
- Limited  
understanding of  
blood pressure  
self-management

- ❖ BP 129/75 mmHg
- ❖ Increased knowledge of  
BP control



# Challenges and **strategies...**

- Multiple needs with limited resources
- Low health literacy levels
- Medication confusion
- Unsatisfied with medical care; or no medical home
- Multisystem approach
- Education in an easy-to-understand format by a peer
- Focus on increasing self-efficacy
- Referral to a medical home & information on improving communication with provider



# Blood Pressure Lending Library

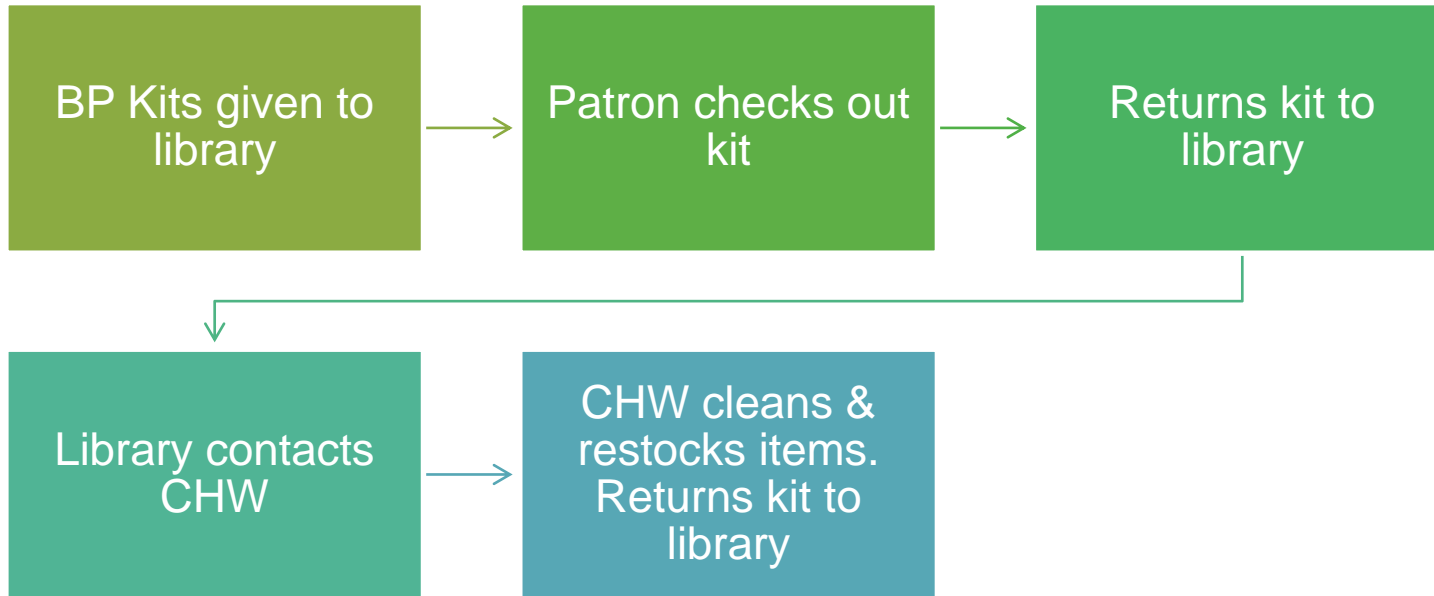
NET Health has partnered with two local libraries to provide electronic blood pressure monitor kits for patrons at these libraries to check out and monitor their blood pressure at home.

## Kit includes:

- Wrist monitor with instructions
- Understanding blood pressure booklet
- Pocket-sized blood pressure log sheet
- NET Health services flyers
- Contact information for CHWs
- Optional Survey



# Lending library process:



# Kick off dates...

**Sept. 2017**



**Oct. 2017**





**THANKS!**

Any questions?

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